



What's on Your Plate this Summer?

We are all eager to enjoy these summer days, and before we know it, Mother Nature will change the seasons. Because of this, we pack-in our summer activities—from home improvements, to family vacations, yard work, graduations, weddings, sports practice and summer camp. Figuratively speaking, we have a lot on our plates during the summer!



While summer activities pile up, we want to make sure that the same thing isn't happening on our actual dinner plates! Summer time is a great time to start a shift toward healthier eating. Not only are fresh fruits and vegetables more readily available—but a summer wardrobe of shorts, tank tops and swimwear can be a strong motivator! The following tips are taken from MyPlate.gov and will guide you toward making healthy choices for your family's nutrition.

1. **Celebrate the season.** Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. The local farmer's market is a great source of seasonal produce.

2. **Balance calories.** Find out how many calories YOU need daily as a first step in managing your weight. Watching what you eat and being physically active helps you balance calories. Go to www.choosemyplate.gov to find your calories level.



3. **Take your time.** Savor your food. Eat slowly, enjoy the taste and texture, and pay attention to how you feel. Eating quickly may cause you to eat too much.



4. **Avoid oversized portions.** Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

5. **Make half your plate fruits and vegetables.** Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit



to meals as part of the main or side dishes or as a dessert.

6. **Drink water instead of sugary drinks.** Regular soda, energy, and sports drinks are a major source of added sugar and calories. Quench your summer thirst and cut calories by drinking water or unsweetened beverages.

7. **Plant your own.** Start a garden this summer, in the yard or on the deck for fresh, inexpensive, flavorful additions to meals.

8. **Stick to your list.** Plan out meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you are hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You will have more of your food budget for vegetables and fruits.

9. **Foods to eat more often.** Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

10. **Foods to eat less often.** Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

It's Picnic Time!

Nothing says summer like a picnic in the park! Unfortunately, warm temperatures help bacteria grow faster, and if your food is not handled safely, you can end up with a foodborne illness. Keep your family and friends safe by following safe food preparations, including proper hand washing. Pack your summer foods to keep cold foods cold (41°F or below) and hot foods hot (140°F or above). When grilling at the picnic site, be sure to keep raw foods separate from ready to eat foods. Never place cooked meat back on dishes that held raw meat. When picnicking, food should be left out for no more than two hours. If the temperature outside is 90°F or warmer, food should be out no more than one hour. If there is doubt of how long the food has been sitting out, throw it out! For more tips and details please visit http://www.scottcountyowa.com/health/food_picnics.php.



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HEALTH DEPARTMENT**

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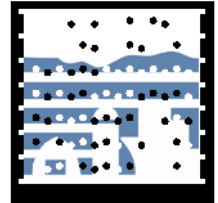
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MARK YOUR CALENDAR!

- Scott County Board of Health Meeting
Thursday, June 21, 2012; 12:00-1:00 p.m.
*Open to the Public. Location: Scott County
Administrative Center, Board Room-1st Floor*

OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.



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